

HAMMER STRENGTH®

**HAMMER
STRENGTH®**

Motion Technology Selectorized Owner's Manual





M051-00K20-0426

Operation Manuals and other Product Information available at <https://www.lftechsupport.com/web/document-library/documents>

عقودملا ىلع عحاتم زاهجلا نع ىرخأ تامولعمو لي غشتلا قلدا <https://www.lftechsupport.com/web/document-library/documents>

操作マニュアルおよびその他の製品情報については、<https://www.lftechsupport.com/web/document-library/documents> をご覧ください。

如需操作手册和其他产品信息，请登录：<https://www.lftechsupport.com/web/document-library/documents>

操作手册和其他產品資訊請見 <https://www.lftechsupport.com/web/document-library/documents>

작동 설명서 및 기타 제품 정보는 <https://www.lftechsupport.com/web/document-library/documents> 에서 찾을 수 있습니다.

Trobareu el manual de funcionament i altra informació de producte a <https://www.lftechsupport.com/web/document-library/documents>

Mae Llwylyfrau Gweithredu a Gwybodaeth Arall am Beiriannau ar gael yn <https://www.lftechsupport.com/web/document-library/documents>

Die Betriebsanleitung und andere Produktinformationen erhalten Sie unter <https://www.lftechsupport.com/web/document-library/documents>

Encontrará el manual de funcionamiento y otra información de producto en <https://www.lftechsupport.com/web/document-library/documents>

Erabiltzailearen Eskuliburua eta Beste Produktuei buruzko Informazioa eskuratu <https://www.lftechsupport.com/web/document-library/documents> gunean

Käyttöoppaat ja muut tuotetiedot ovat saatavana osoitteessa <https://www.lftechsupport.com/web/document-library/documents>

Les manuels d'utilisation, ainsi que d'autres informations sur les Produits, sont disponibles sur <https://www.lftechsupport.com/web/document-library/documents>

Felhasználói kézikönyvek és más termékinformációk: <https://www.lftechsupport.com/web/document-library/documents>

Manuali di funzionamento e altre informazioni sui prodotti disponibili su <https://www.lftechsupport.com/web/document-library/documents>

Manuali di funzionamento e altre informazioni sui prodotti disponibili su <https://www.lftechsupport.com/web/document-library/documents>

Instrukcje obsługi i inne informacje o produktach dostępne na stronie <https://www.lftechsupport.com/web/document-library/documents>

Manuais de Operação e Informações sobre outros produtos disponíveis em <https://www.lftechsupport.com/web/document-library/documents>

Руководства по эксплуатации и другую касающуюся нашей продукции информацию можно найти, перейдя по ссылке <https://www.lftechsupport.com/web/document-library/documents>

Kullanım Kılavuzları ve Diğer Ürün Bilgileri <https://www.lftechsupport.com/web/document-library/documents>'da bulunmaktadır

CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 60018 • U.S.A.

847.288.3300 • FAX: 847.288.3703

Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)

Global Website: www.lifefitness.com

INTERNATIONAL OFFICES

AMERICAS

North America Life Fitness, Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email:

customersupport@lifefitness.com
Service Website: www.lifefitness.com/parts
Sales/Marketing Email:
commercialsales@lifefitness.com
Operating Hours: 7:00 am-6:00 pm (CST)

Brazil Life Fitness Brasil

Av. Cidade Jardim, 900
Jd. Paulistano
São Paulo, SP 01454-000
BRAZIL
SAC: 0800 773 8282
Telephone: +55 (11) 3095 5200
Fax: +55 (11) 3095 5201
Service Email: suporte@lifefitness.com.br
Sales/Marketing Email:
lifefitness@lifefitness.com.br
Service Operating Hours:
9:00 - 17:00 (BRT) (Monday-Friday)
Store Operating Hours:
9:00 -20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

Latin America & Caribbean* Life Fitness Inc.

Columbia Centre III
9525 West Bryn Mawr Avenue
Rosemont, IL 60018 U.S.A
Telephone: (847) 288 3300
Fax: (847) 288 3703
Service Email:
customersupport@lifefitness.com
Sales/Marketing Email:
commercialsales@lifefitness.com
Operating Hours: 7:00am-6:00pm (CST)

EUROPE, MIDDLE EAST, & AFRICA (EMEA)

Netherlands & Luxembourg Life Fitness Atlantic BV

Bijldorppelein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 666
Fax: (+31) 180 646 699
Service Email:
service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

United Kingdom & Ireland Life Fitness UK LTD

Queen Adelaide
Ely, Cambs, CB7 4UB
Telephone: General Office (+44)
1353.666017
Customer Support (+44) 1353.665507
Fax: (+44) 1353.666018
Service Email: uk.support@lifefitness.com
Sales/Marketing Email: life@lifefitness.com
Operating Hours:
General Office: 9.00am - 5.00pm (GMT)
Customer Support: 8.30am - 5.00pm (GMT)

Germany & Switzerland Life Fitness Europe GMBH

Siemensstraße 3
85716 Unterschleißheim
GERMANY
Telephone: (+49) 89.31 77 51.0 (Germany)
(+41) 0848 000 901 (Switzerland)
Fax: (+49) 89.31 77 51.99 (Germany)
(+41) 043 818 07 20 (Switzerland)
Service Email:
kundendienst@lifefitness.com
Sales/Marketing Email:
kundenberatung@lifefitness.com
Operating Hours: 08.30 -16.30h (CET)

Austria Life Fitness Austria

Vertriebs G.m.b.H.
Dückegasse 7-9/3/36
1220 Vienna
AUSTRIA
Telephone: (+43) 1.61.57.198
Fax: (+43) 1.61.57.198.20
Service Email: kundendienst@lifefitness.com
Marketing/Sales Email:
kundenberatung@lifefitness.com
Operating Hours: 08:30-16.30.h (MEZ)

Spain Life Fitness IBERIA

C/Frederic Mompou 5,1^o1^a
08960 Sant Just Desvern Barcelona
SPAIN
Telephone: (+34) 93.672.4660
Fax: (+34) 93.672.4670
Service Email: servicio.tecnico@lifefitness.com
Sales/Marketing Email:
info.iberia@lifefitness.com
Operating Hours:
9.00h-18.00h (Monday-Thursday)
8.30h-15.00h (Friday)

Belgium Life Fitness Benelux NV

Parc Industriel de Petit-Rechain
4800 Verviers
BELGIUM
Telephone: (+32) 87 300 942
Fax: (+32) 87 300 943
Service Email:
service.benelux@lifefitness.com
Sales/Marketing Email:
marketing.benelux@lifefitness.com
Operating Hours: 9.00h -17.00h (CET)

All Other EMEA Countries & Distributor Business C-EMEA*

Bijldorppelein 25-31
2992 LB Barendrecht
THE NETHERLANDS
Telephone: (+31) 180 646 644
Fax: (+31) 180 646 699
Service Email:
service.db.cemea@lifefitness.com
Sales/Marketing Email:
marketing.db.cemea@lifefitness.com
Operating Hours: 9.00h-17.00h (CET)

ASIA PACIFIC (AP)

Japan Life Fitness Japan

Japan Nippon Brunswick Bldg., #8F
5-27-7 Sendagaya
Shibuya-Ku, Tokyo
Japan 151-0051
Telephone: (+81) 3.3359.4309
Fax: (+81) 3.3359.4307
Service Email: service@lifefitnessjapan.com
Sales/Marketing Email:
sales@lifefitnessjapan.com
Operating Hours: 9.00h-17.00h (JAPAN)

Hong Kong Life Fitness Asia Pacific LTD

32/F, Global Trade Square
21 Wong Chuk Hang Road
HONG KONG
Telephone: (+852) 2575.6262
Fax: (+852) 2575.6894
Service Email:
HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
Marketing.HK.Asia@lifefitness.com
Operating Hours: 9.00h-17.00h
Service Operating Hours: 9.00h-18.00h

All Other Asia Pacific countries & distributor business Asia Pacific* Life Fitness Asia Pacific LTD

32/F, Global Trade Square
21 Wong Chuk Hang Road
HONG KONG
Telephone: (+852) 2575.6262
Fax: (+852) 2575.6894
Service Email:
HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
Marketing.HK.Asia@lifefitness.com
Operating Hours: 9.00h-17.00h
Service Operating Hours: 9.00h-18.00h

* Also check www.lifefitness.com for local representation or distributor/dealer

TABLE OF CONTENTS

Section	Description
1.	Safety Information
2.	Warranty
3.	Contact Information
4.	Product Labels
5.	General Specifications
6.	Machine Specifications
7.	Belt Handling Guide
8.	Bolt to Floor Guidelines
9.	Maintenance Procedures

1 SAFETY INFORMATION

It is the sole responsibility of the purchaser of HAMMER STRENGTH products to read the owner's manual and warning labels and instruct all individuals, whether they are the end user or supervising personnel, on proper usage of the equipment.

UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, CONTACT LIFE FITNESS CUSTOMER SERVICE IMMEDIATELY AT 1-800-735-3867.

This equipment is categorized as class S per EN ISO 20957-1. As such this equipment is only intended for commercial, institutional and/or studio facilities. It is not intended for home use. Contact LIFE FITNESS with any questions regarding this classification.

It is recommended that all users of HAMMER STRENGTH exercise equipment be informed of the following information prior to use.

Health and Environmental Regulations Warning - This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmentalregulations-information>.

ACCESS CONTROL

HAMMER STRENGTH recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access controlled area. Control is the responsibility of the facility owner.

INSTALLATION

SECURING EQUIPMENT - HAMMER STRENGTH recommends that all equipment be secured to a solid, level surface to stabilize it and eliminate rocking or tipping over. This must be performed by a licensed contractor.

PROPER USAGE

1. Do not use any equipment in any way other than designed or intended by the manufacturer. It is imperative that HAMMER STRENGTH equipment is used properly to avoid injury.
2. Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, STOP EXERCISING and consult your physician.
3. Keep body parts (hands, feet, hair, etc.), clothing and jewelry away from moving parts to avoid injury.
4. When adjusting any seat, knee hold down pad, range of motion limiter, foothold pad, pulley or any other type of adjuster, make certain that the adjusting pin is fully engaged in the hole to avoid injury.

INSPECTION

1. DO NOT use or permit use of any equipment that is damaged and/or has worn or broken parts. For all HAMMER STRENGTH equipment use only replacement parts supplied by HAMMER STRENGTH.
2. Belts pose an extreme liability if used when frayed. Always replace any belts at first sign of wear (consult LIFE FITNESS if uncertain).
3. MAINTAIN LABELS AND NAME PLATES - Do not remove labels for any reason. They contain important information. If unreadable or missing, contact LIFE FITNESS for a replacement.

INSPECTION (CONTINUED)

5. EQUIPMENT MAINTENANCE - Preventative maintenance is the key to smooth operating equipment as well as to keep your liability to a minimum. Equipment needs to be inspected at regular intervals.
6. Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so. LIFE FITNESS will provide service and maintenance training at our corporate facility upon request or in the field if proper arrangements are made.
7. Before any use, examine all accessories approved for use with the HAMMER STRENGTH equipment for damage or wear.
8. DO NOT ATTEMPT TO USE OR REPAIR ANY ACCESSORY APPROVED FOR USE WITH THE HAMMER STRENGTH EQUIPMENT WHICH APPEARS TO BE DAMAGED OR WORN.

OPERATING WARNINGS

1. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all HAMMER STRENGTH equipment.
2. Keep children away from strength equipment. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
3. Do not allow users to wear loose fitting clothing or jewelry while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
4. All bystanders must stay clear of all users, moving parts and attached accessories and components while machine is in operation.

PLATE LOADED, FREE WEIGHT AND BODY WEIGHT SYSTEMS

1. If the unit is equipped with weight rods, use only Olympic style weight plates (2.0" bore) for training weight. Do not use dumbbells or any means other than those stated to increase weight resistance - See machine specific section for more information.
2. Always utilize weight plate retention devices such as clamps or pins.
3. Only add weight plates up to the load limits of the unit. Make sure all weight plates are completely placed on the weight rod.
4. Never exceed the load rating for any plate loaded station, body weight station, bench or other free weight device; including specific weight rod and band peg limits. See machine specific section for load limit information.
5. Contact a Life Fitness representative with any questions regarding proper weights and loading.

SELECTORIZED WEIGHT STACK SYSTEMS

1. Use only weight selector pins supplied by HAMMER STRENGTH on weight stacks. Substitutes are forbidden.
2. Fully insert weight selector pins. Partial insertion can cause weights to fall unexpectedly.
3. Never pin the weight stack in an elevated position.
4. Never remove selector pin if any weights are suspended.
5. Never attempt to release jammed weights or parts.
6. Never use dumbbells or other means to incrementally increase the weight resistance. Use only those means provided by HAMMER STRENGTH.

2 WARRANTY

WHAT IS COVERED

This Hammer Strength commercial exercise equipment (Product) is warranted to be free of all defects in material and workmanship.

WHO IS COVERED

The original purchaser or any person receiving the product as a gift from the original purchaser.

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE

If the Product or any covered part must be returned to a service facility for repairs, We, Life Fitness, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charge after the first year.

WHAT WE WILL DO TO CORRECT COVERED DEFECTS

We will ship to you any new or rebuilt replacement part or component, or at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization, or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual (.Manual.).

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized Life Fitness representative.

OPERATION MANUAL

It is VERY IMPORTANT THAT YOU READ THIS MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

EXCLUSIVE WARRANTY

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you.

CHANGES IN WARRANTY NOT AUTHORIZED

No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECTS OF STATE LAWS

This warranty gives you specific legal rights, and you may have other rights which vary from state to state.

OUR PLEDGE TO YOU

We want you to be completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

HOW TO OBTAIN PARTS & SERVICE

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit.
3. Contact the nearest Life Fitness Customer Support Services Group.

WARRANTY COVERAGE

* There is no warranty coverage for labor on Strength Products.

Frame	Pillow Blocks	Pulleys	Weight Plates	Guide Rods	Belts / Springs	Grips	Upholstery	Bearings	Hardware / Mechanical
10 Years	5 Years	5 Years	5 Years	5 Years	90 Days	1 Year	90 Days	1 Year	90 Days

3 CONTACT INFORMATION

For Product Service within the United States and Canada:

Toll-free: 800-735-3867

Please call Monday through Friday from 7:00 a.m. to 6:00 p.m. Central Standard Time, and tell them your name, address, and serial number of your Product. They will tell you how to get a replacement part, or if necessary, arrange for service where your Product is located or advise you on how and where to ship the Product for service. Before shipping:

1. Obtain a Return Authorization Number (RA#) from Customer Support Services.
2. Securely pack your Product (use the original shipping carton, if possible).
3. Write the RA# on the outside of the carton.
4. Insure the Product.
5. Include a letter explaining the defect or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

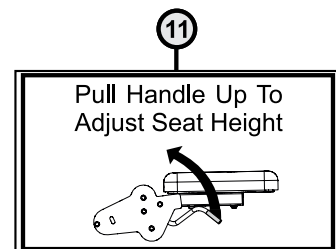
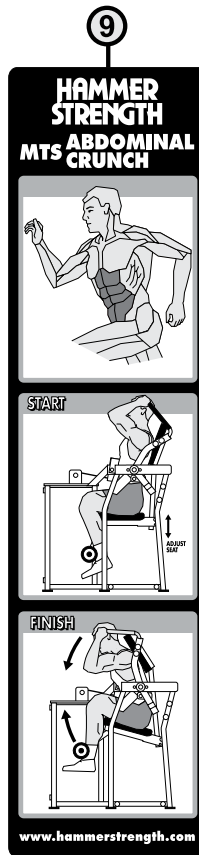
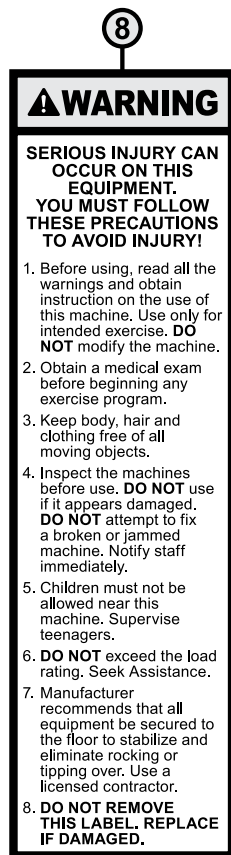
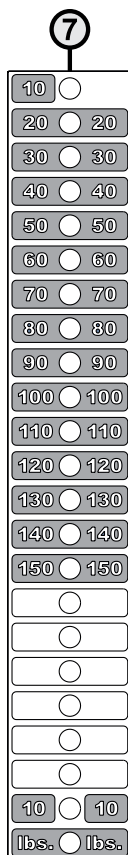
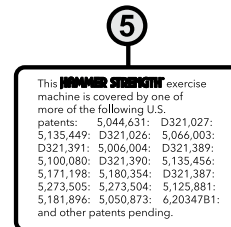
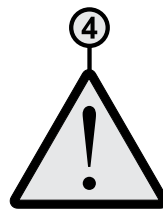
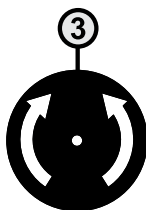
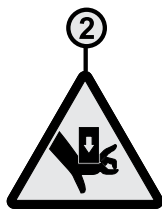
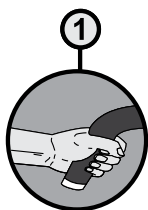
Return address:

Life Fitness World Headquarters
Attn: CSS Help Desk
Columbia Centre III,
9525 West Bryn Mawr Avenue,
Rosemont, Illinois 60018

For Product Service Internationally see contact information listed on page one of this manual.

4 PRODUCT LABELS

ITEM NO.	DESCRIPTION	LOCATION
1	LEFT/RIGHT OVERHAND GRIP	MTSFP AND MTSRW WORKARMS
2	WARNING! KEEP CLEAR OF MOVING PARTS	PINCH POINTS
3	AXIS OF ROTATION	CENTER POINT OF MOVEMENT
4	WARNING! USE CAUTION!	AREAS OF CAUTION
5	HAMMER STRENGTH U.S. PATENTS	HAMMER STRENGTH U.S. PATENTS
6	SEAT HEIGHT	SIDE OF SEAT ASSEMBLY (INDICATES POSITION)
7	WEIGHT STACK LABELS (LB OR KG)	WEIGHT STACK (INDICATES RESISTANCE)
8	ASTM WARNING LABEL	BASEFRAME
9	MACHINE PLACARD	FRONT SHROUD
10	LEFT/RIGHT INCREMENT WEIGHT	FRONT SHROUD
11	SEAT HANDLE ADJUST	RIGHT SIDE OF SEAT
12	SERIAL NUMBER	BASEFRAME (BELOW WEIGHT STACK)



5 GENERAL SPECIFICATIONS

1. Frame Construction

- Frame is constructed of mechanical quality steel purchased in mill run quantities.
- Frame is primarily 4" x 2" (102 mm x 51 mm), 3" x 2" (76 mm x 51 mm), and 1-1/2" x 2" (38 mm x 51 mm) rectangular-shaped tubing with 11 gauge wall thickness.
- Frames are mostly fully welded and constructed in two, but not more than four pieces to facilitate movement through smaller doorways and difficult installations.

2. Frame Finish

- Prior to applying finish, each part is chemically washed to prepare surface for maximum adhesion.
- The frames are coated with an electrostatic epoxy powder coat finish applied in a powder form and then baked at 400° F.
- To prevent frame and surface corrosion, wax equipment annually and keep away from salt, chlorine and all other harmful chemicals.

3. Weight Selection

- Weights are selected by using a 7/16" selector pin, which completely penetrates the weight plate and is held in place during use by a magnetic ring to keep the pin from disengaging chance of disengaging during use.
- The selector pin is connected to the top weight to eliminate loss or substitution of substandard pins.

4. Incremental Weight System

- Provides one 5 lb. (2.5 kg.) drop-down weight on each weight stack that are contained on the guide rods to eliminate removal.

5. Weight Plates

- Machined from solid, 1" thick steel. Finish is wrinkle gray powder coat. Thickness of plate is held to precise tolerances by machining the entire upper and lower surfaces. This results in a better pin fit to the stem.

6. Weight Plate Bushings

- Each plate (not just the top weight) will contain low friction bushings, which surround the guide rods to minimize friction and noise.

7. Top Weight Bushings

- The top weight runs on bushings which are mounted in the plate with rubber grommets to compensate for minor misalignment and insure optimal performance.
- These bushings minimize the frequency at which the guide rods will require lubrication.

8. Weight Stack Guide Rods

- Guide rods are 3/4" cold drawn steel, turned ground and polished with hard chrome finish.

9. Weight Stack Suspension

- Durable rubber bumpers are placed under each stack to reduce shock and vibration stresses to the frame and facility floor.

10. Weight Selection Shaft

- The shaft is constructed of zinc plated cold finished steel and precision drilled for accurate pin selection.

11. Weight Transport

- 15/16" reinforced spooled Kevlar belt with breaking strength rated at over 3,000 pounds.

12. Belt Adjustment

- All belts can be adjusted at the top weight utilizing 9/16" open-end wrenches.

13. Weight Stack Guards

- Full shrouds to prevent bystanders from inadvertent contact with the weight stack during use.

14. Pulleys

- All pulleys are custom 3" (7.6 cm) working diameter using fiberglass-impregnated nylon with precision fit belt radius and double sealed bearings.

15. Cams

- All cams are individually designed for each unit to match the appropriate muscle strength capability curve.

16. Counter Balanced Input Arms

- Input arms on equipment are counter balanced where appropriate to minimize the effect of the weight of the assembly from the weight selected by the user.

17. Pivot Bearings

- Bearings are sealed with a basic radial load rating of over 2,000 lbs. (909 kg).
- Bearings are mounted within ductile cast iron, precision-machined housings for optimal alignment, resulting in smooth and friction free movement.

18. Rollers

- Internal seat carriage adjustment rollers are made of molded polymer mounted on machined steel axles for smooth, durable operation.

19. Bolts

- All hardware is nickel plated.

20. Upholstery

- All edges are stitched to eliminate any folds in the material that would limit durability.

21. Foam

- Three and Four pound EVA foam (deformation resistant) or equivalent is used on all machines. The foam is injection molded directly to the multi-ply wood support board with integral 10 mm T-nuts.

22. Hand Grips

- Hand grips are an extruded 60-durometer-thermorubber compound that is non-absorbing, wear and tear resistant and exhibits good dry and wet frictional characteristics.
- The grips are retained with aluminum collars, which eliminates the tendency of the grip to slide off the handle.

23. Seat Adjustments

- Numeric seat and pad adjustments (where appropriate) correctly align body to machine for proper posture, muscle isolation and body stabilization.
- Seats adjust in 1/2" (12 mm) increments.

24. Foot Platforms

- Foot platforms are Linex™ covered ensuring slip resistance and long lasting protection against wear.

25. Instructional Placard

- Visual placards illustrate proper use and muscles trained.

26. Equipment Anchoring

- All machines have holes in the feet, which allow for easy anchoring to the floor. Hammer Strength recommends that all machines be anchored to the floor to minimize the possibility that they will be tipped.

27. Liability Insurance

- Certificate of insurance available upon request.

6 MACHINE SPECIFICATIONS

ABDOMINAL

Product Code: MTSAB

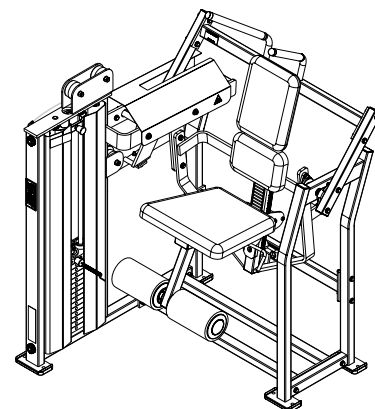
Machine Weight:	530 lbs	241 kg
Maximum User Weight:	300 lbs	136 kg
Resistance Ratio:	1:1	
Weight Stack:	150 lbs	68 kg

Setup

Select weight resistance. Adjust seat/roller pads to desired height; center lower backpad to middle of back.

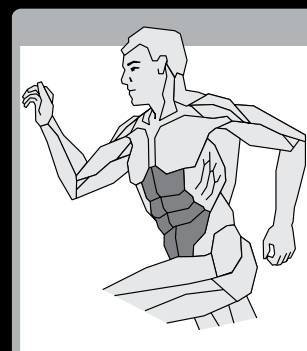
Performing the Exercise

Grab overhead handles and slowly contract abdominals in a crunch motion. Return weight with controlled movement to starting position.

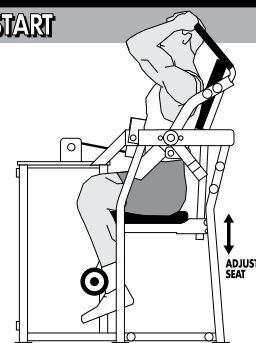


	Inches (L x W x H)	Centimeter (L x W x H)
Dimensions:	44 x 39 x 56	112 x 100 x 143
Live Area:	68 x 51	173 x 130

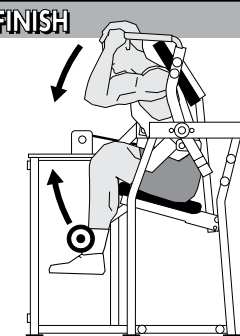
HAMMER STRENGTH MTS ABDOMINAL CRUNCH



START



FINISH

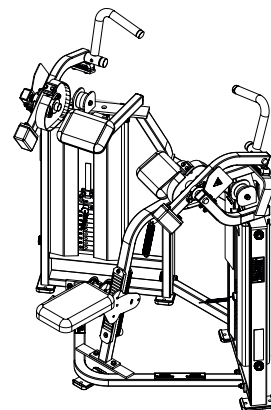


www.hammerstrength.com

BICEPS CURL

Product Code: MTSBC

Machine Weight:	520 lbs	236 kg
Maximum User Weight:	300 lbs	136 kg
Resistance Ratio:	1:1	
Weight Stacks:	100 lbs	50 kg



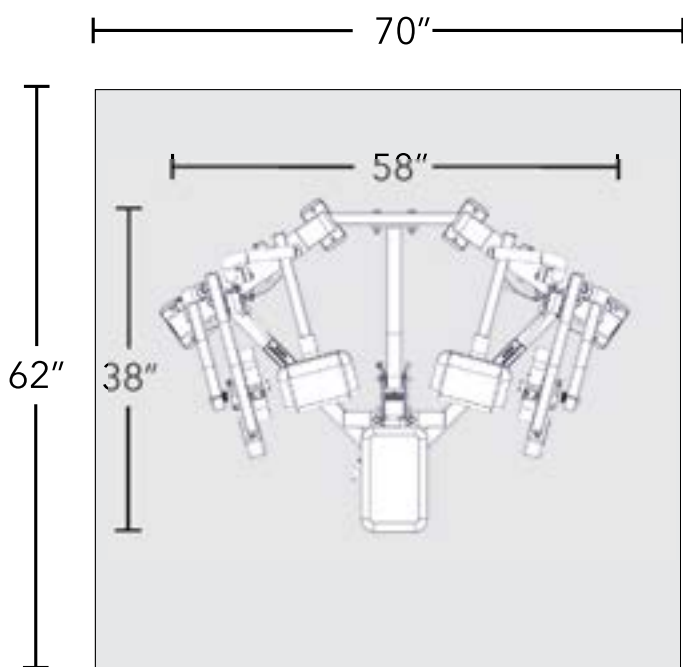
Setup

Adjust the seat height so backs of arms rest fully on arm pad, aligning elbows with machines pivot, indicated by red axis of rotation decal. Check the weight stack to ensure appropriate resistance. Rotate handle forward and grip firmly. Body is positioned with chest up and shoulder back, leaning forward slightly if necessary to increase stability.

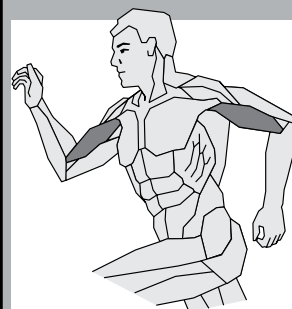
Performing the Exercise

With a controlled motion, curl the handles up till arms are fully flexed. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

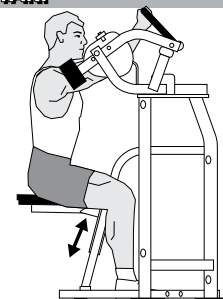
	Inches (L x W x H)	Centimeter (L x W x H)
Dimensions:	38 x 58 x 59	97 x 148 x 150
Live Area:	62 x 70	157 x 178



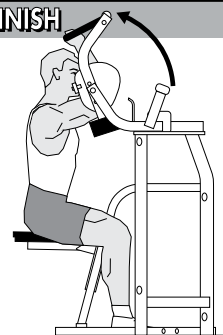
HAMMER STRENGTH MTS BICEPS CURL



START



FINISH

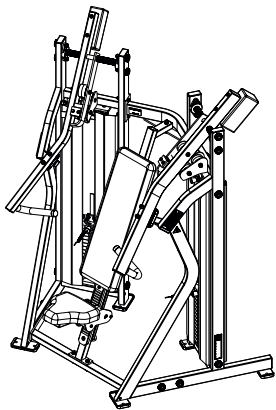


www.hammerstrength.com

CHEST PRESS

Product Code: MTSCP

Machine Weight:	532 lbs	241 kg
Maximum User Weight:	300 lbs	136 kg
Resistance Ratio:	1:1	
Weight Stacks:	150 lbs	75 kg



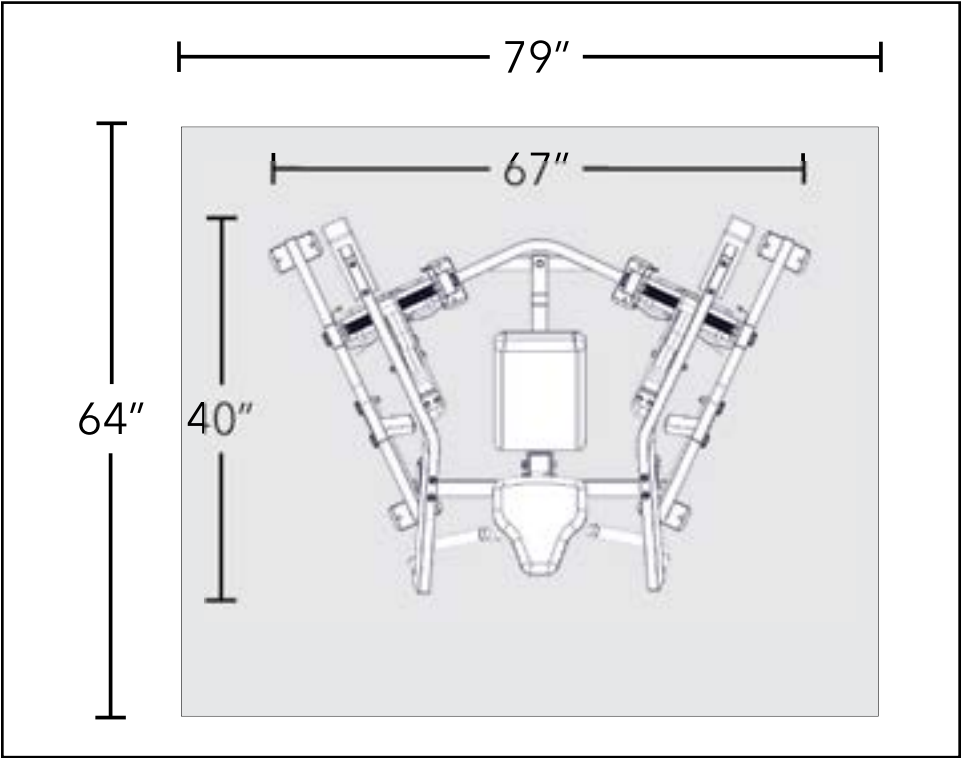
Setup

Adjust the seat height so handles are aligned with mid-chest. Check the weight stack to ensure appropriate resistance. Grip the handles and position elbows slightly below shoulders. Body is positioned with chest-up, shoulders and head back against back pad.

Performing the Exercise

With a controlled motion, extend the handles out till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning. *TIP: While performing the exercise, think about drawing the elbows toward each other as opposed to pressing on the exercise arm. This will increase the mental concentration on the Pectoralis Major.*

	Inches (L x W x H)	Centimeter (L x W x H)
Dimensions:	40 x 67 x 77	102 x 173 x 196
Live Area:	64 x 79	163 x 201



**HAMMER
STRENGTH**

**MTS CHEST
PRESS**

START

GRASP OVERHAND

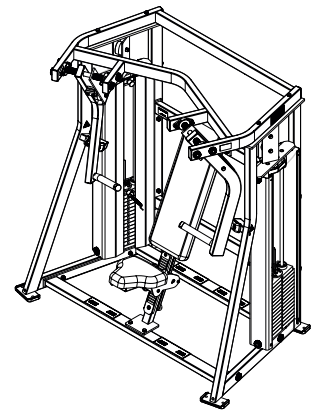
ADJUST SEAT

FINISH

DECLINE PRESS

Product Code: MTSDP

Machine Weight:	755 lbs	343 kg
Maximum User Weight:	300 lbs	136 kg
Resistance Ratio:	1:1	
Weight Stacks:	150 lbs	75 kg



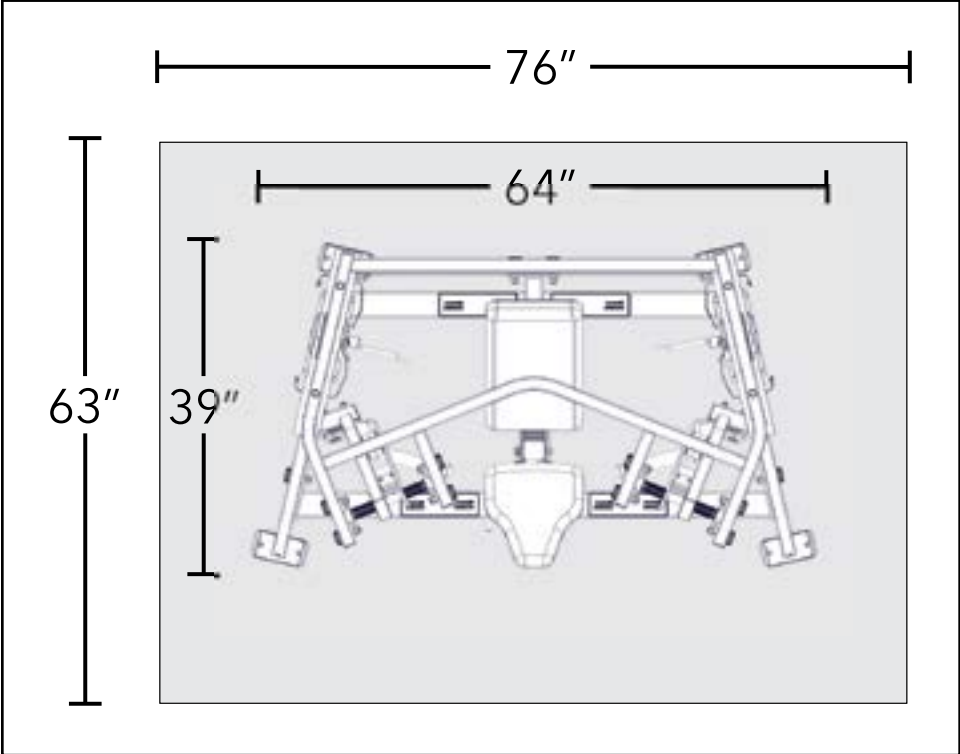
Setup

Adjust the seat height so handles are aligned with mid-chest. Check the weight stack to ensure appropriate resistance. Grip the handles and position elbows slightly below shoulders. Body is positioned with chest-up, shoulders and head back against back pad.

Performing the Exercise

With a controlled motion, extend the handles out till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning. *TIP: While performing the exercise, think about drawing the elbows toward each other as opposed to pressing on the exercise arm. This will increase the mental concentration on the Pectoralis Major.*

	Inches (L x W x H)	Centimeter (L x W x H)
Dimensions:	39 x 64 x 66	100 x 163 x 168
Live Area:	63 x 76	160 x 193



**HAMMER
STRENGTH
MTS DECLINE
PRESS**

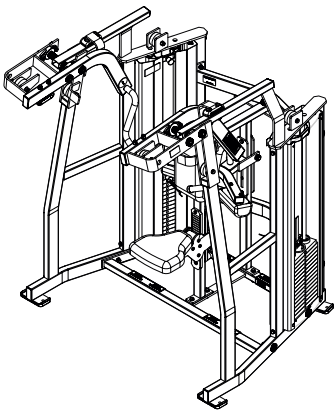
START

FINISH

FRONT PULLDOWN

Product Code: MTSFP

Machine Weight:	793 lbs	360 kg
Maximum User Weight:	300 lbs	136 kg
Resistance Ratio:	1:1	
Weight Stacks:	150 lbs	68 kg



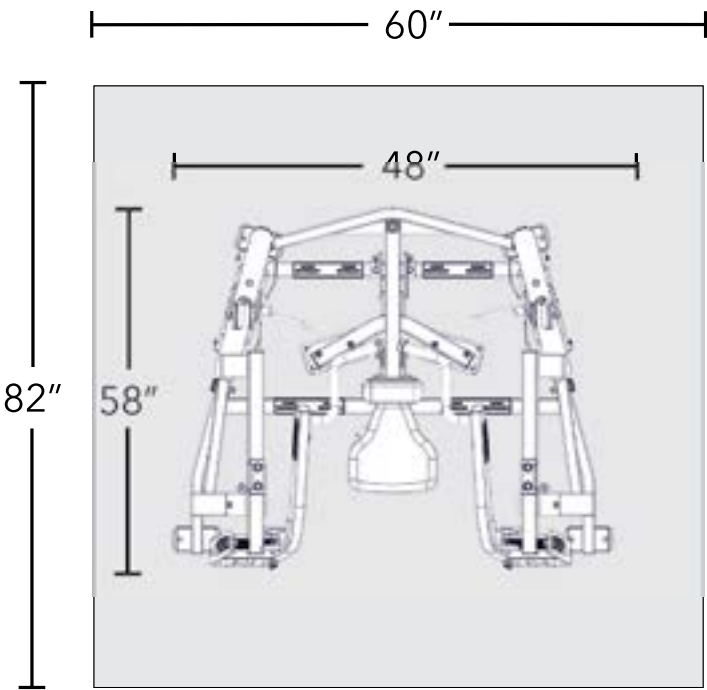
Setup

Adjust the seat height to secure legs under the thigh pads. Stand up and grip the handles in desired position, then sit down with thighs under roller pads. Pull handles down, keeping chest up and elbows under hands. When finished, straighten arms and carefully stand up until weight stack comes to a rest.

Performing the Exercise

With a controlled motion pull handles down to the top of the chest. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning. *TIP: While performing the exercise think about lifting the chest to the handles as opposed to pulling the bar down. This will reinforce the correct exercise position and increase the mental concentration on the Latissimus Dorsi.*

	Inches (L x W x H)	Centimeter (L x W x H)
Dimensions:	48 x 58 x 80	122 x 148 x 204
Live Area:	60 x 82	152 x 208



**HAMMER
STRENGTH**

**MTS FRONT
PULLDOWN**

START

GRASP UNDERHAND

ADJUST THIGH RESTRAINT

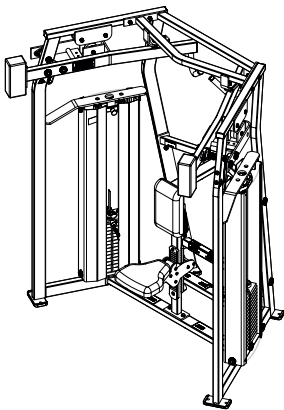
ADJUST SEAT

FINISH

HIGH ROW

Product Code: MTSHR

Machine Weight:	765 lbs	347 kg
Maximum User Weight:	300 lbs	136 kg
Resistance Ratio:	1:1	
Weight Stacks:	150 lbs	75 kg



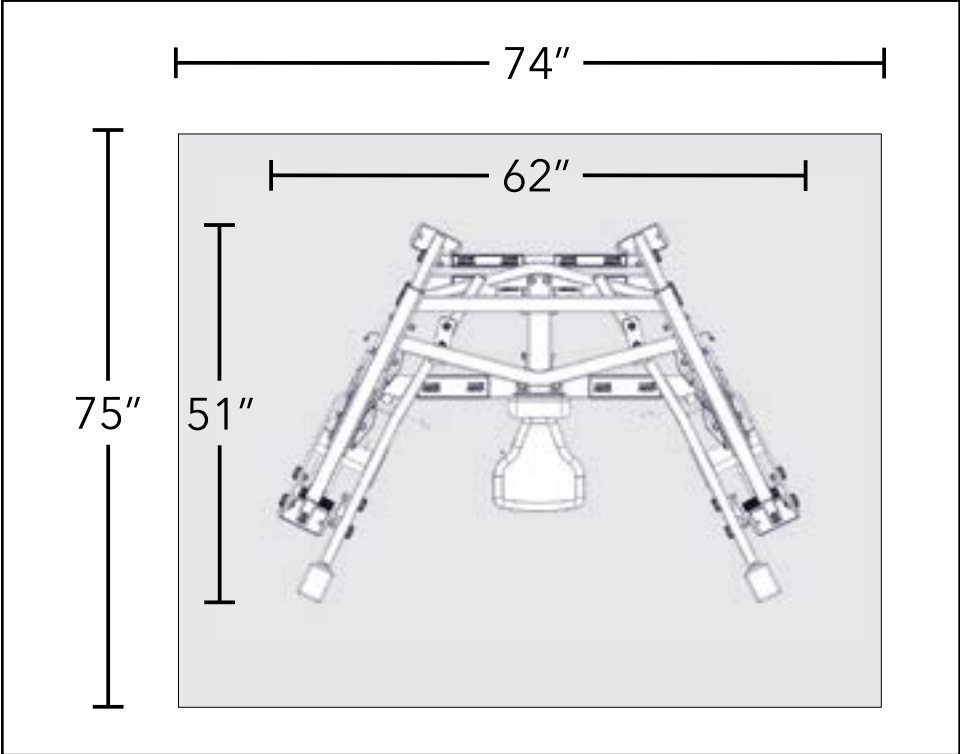
Setup

Adjust the seat height to align the mid-chest with the top of the chest pad. Keeping feet firmly on the footplates, adjust the seat frame position to allow full arm extension. Check the weight stack to ensure appropriate resistance. Grip the handles and position body with head and chest-up.

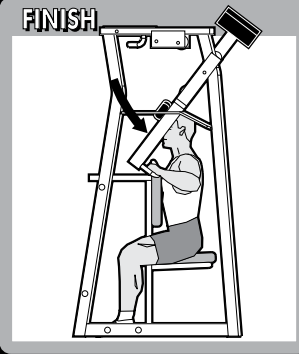
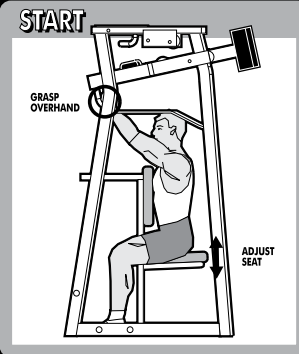
Performing the Exercise

With a controlled motion, draw back the arms as far as can be controlled. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning. TIP: While performing the exercise, think about drawing the elbows back, beyond the body, as this increases the mental concentration on the muscles being trained.

	Inches (L x W x H)	Centimeter (L x W x H)
Dimensions:	51 x 62 x 82	130 x 158 x 209
Live Area:	75 x 74	191 x 188



HAMMER
STRENGTH
MTS HIGH ROW

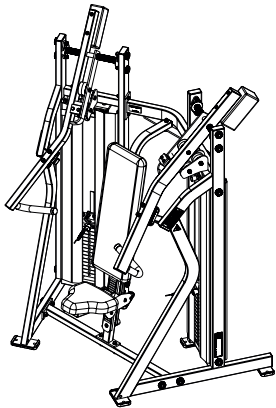


www.hammerstrength.com

INCLINE PRESS

Product Code: MTSIP

Machine Weight:	765 lbs	347 kg
Maximum User Weight:	300 lbs	136 kg
Resistance Ratio:	1:1	
Weight Stacks:	150 lbs	68 kg



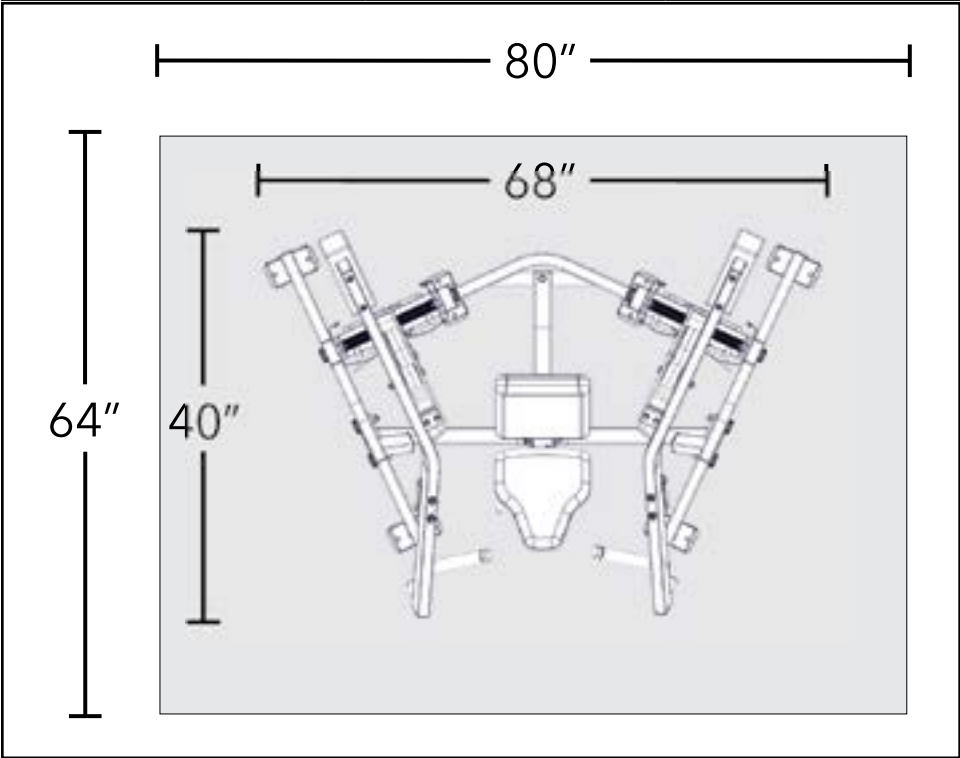
Setup

Adjust the seat height so handles are aligned with mid-chest. Check the weight stack to ensure appropriate resistance. Grip the handles and position elbows slightly below shoulders. Body is positioned with chest-up, shoulders and head back against back pad.

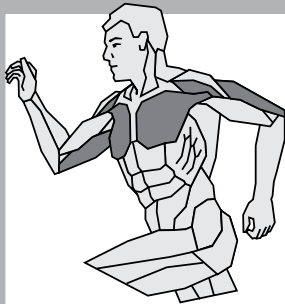
Performing the Exercise

With a controlled motion, extend the handles out till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.
TIP: While performing the exercise, think about drawing the elbows toward each other as opposed to pressing on the exercise arm. This will increase the mental concentration on the Pectoralis Major.

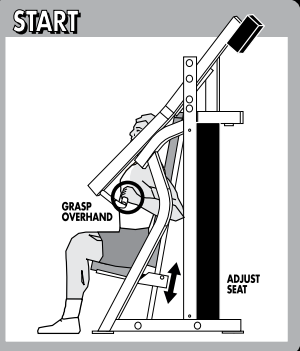
	Inches (L x W x H)	Centimeter (L x W x H)
Dimensions:	40 x 68 x 77	102 x 173 x 296
Live Area:	64 x 80	163 x 203



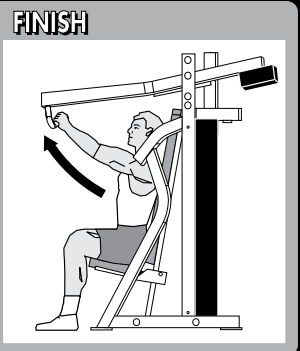
HAMMER
STRENGTH
MTS INCLINE
PRESS



START



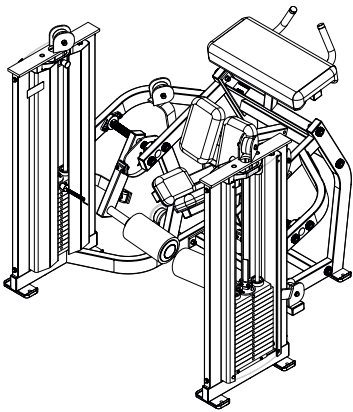
FINISH



KNEELING LEG CURL

Product Code: MTSKC

Machine Weight:	746 lbs	339 kg
Maximum User Weight:	300 lbs	136 kg
Resistance Ratio:	1:1	
Weight Stacks:	150 lbs	75 kg



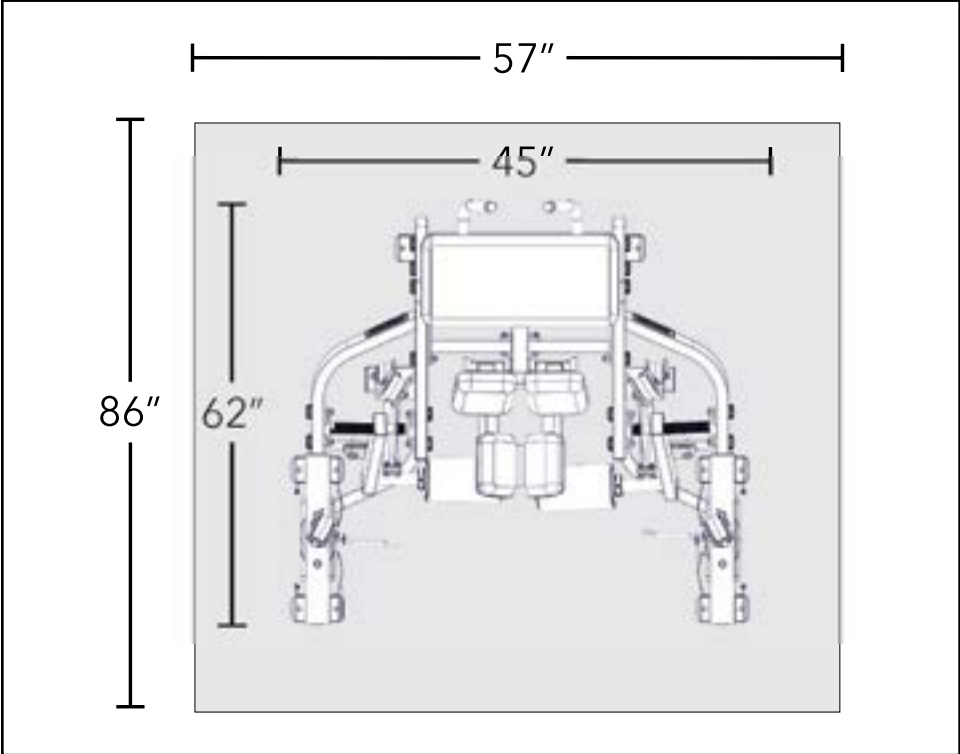
Setup

Rotate knee pad to desired side and place non-exercising knee on pad. Position opposite leg with upper thigh against pad and knee aligned with machine pivot (axis of rotation). Tibia pad should contact the back of the lower leg, above the ankle. Rest forearms on elbow pad and grip the handles.

Performing the Exercise

With a controlled motion, curl leg up until fully flexed. Return the leg to the start position and repeat the motion, while maintaining proper body positioning.
TIP: Feet position should depend on the goals of the exercise. Pointing the toes during the exercise allows focus on the Hamstring muscles. Flexing the feet will increase activation of the Gastrocnemius muscle.

	Inches (L x W x H)	Centimeter (L x W x H)
Dimensions:	45 x 62 x 54	115 x 158 x 138
Live Area:	57 x 86	145 x 218



**HAMMER
STRENGTH**

**MTS KNEELING
LEG CURL**

START

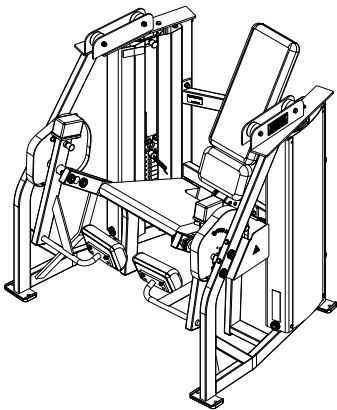
FINISH

www.hammerstrength.com

LEG EXTENSION

Product Code: MTSLE

Machine Weight:	750 lbs	341 kg
Maximum User Weight:	300 lbs	136 kg
Resistance Ratio:	1:1	
Weight Stacks:	150 lbs	75 kg

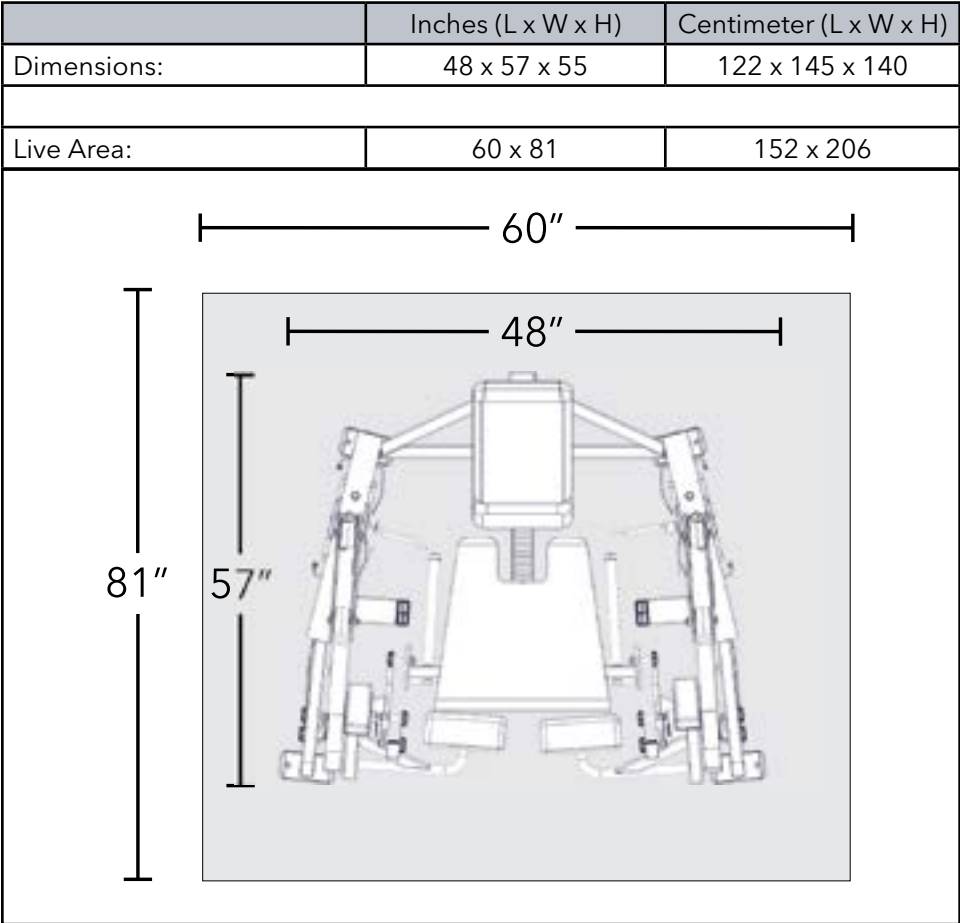


Setup

Adjust the back pad and the lower leg pad to a comfortable position above the ankle. Adjust the start position to the desired range of motion. Check the weight stack to ensure appropriate resistance. Grip the handles located on the sides of the seat. Body is positioned with chest-up, shoulders back and against back pad.

Performing the Exercise

Rotate the thighs so the knees are pointing upwards and with a controlled motion, extend the legs to near full extension. Return the legs to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.



**HAMMER
STRENGTH**
**MTS LEG
EXTENSION**

START

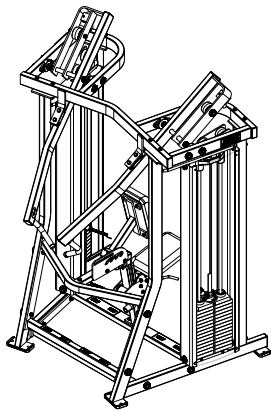
FINISH

www.hammerstrength.com

ROW

Product Code: MTSRW

Machine Weight:	765 lbs	347 kg
Maximum User Weight:	300 lbs	136 kg
Resistance Ratio:	1:1	
Weight Stacks:	150 lbs	68 kg



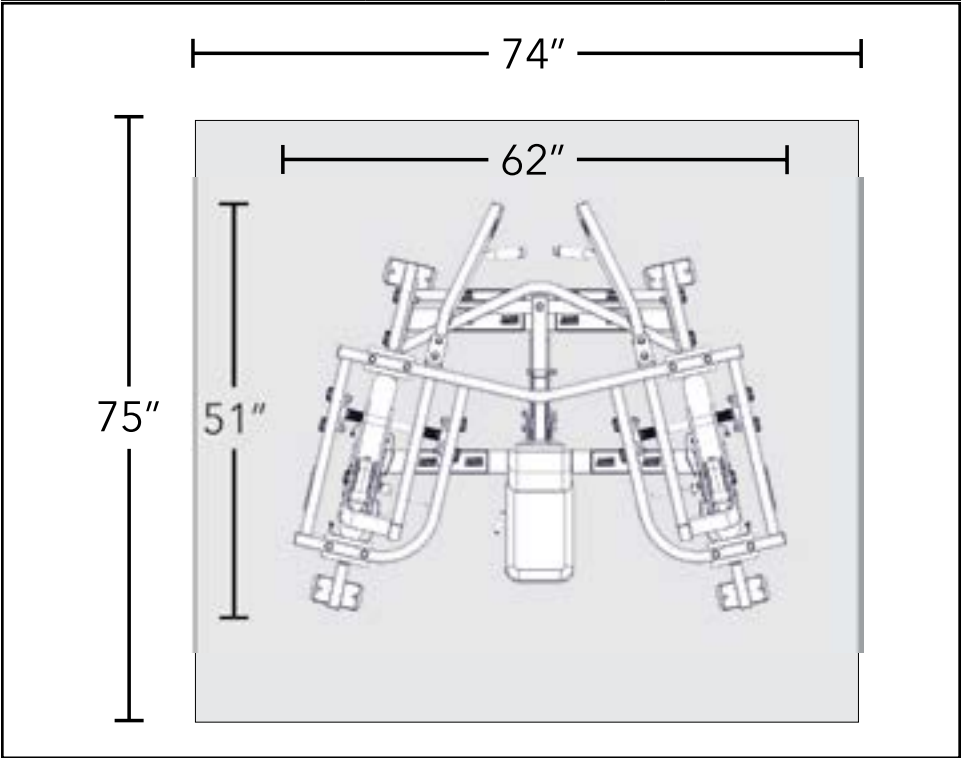
Setup

Adjust the seat height to align the mid-chest with the top of the chest pad. Keeping feet firmly on the footplates, adjust the seat frame position to allow full arm extension. Check the weight stack to ensure appropriate resistance. Grip the desired handles and position body with head and chest-up.

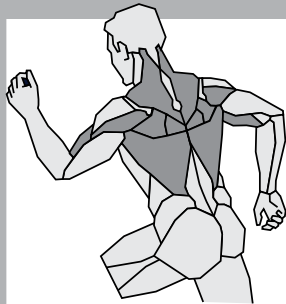
Performing the Exercise

With a controlled motion, draw back the arms as far as can be controlled. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning. TIP: While performing the exercise with any of the handles, think about drawing the elbows back, beyond the body, as this increases the mental concentration on the muscles being trained.

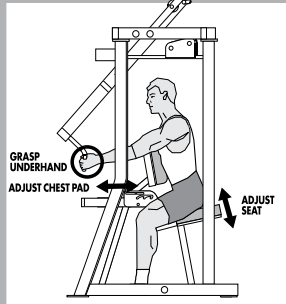
	Inches (L x W x H)	Centimeter (L x W x H)
Dimensions:	51 x 62 x 82	130 x 158 x 209
Live Area:	75 x 74	191 x 188



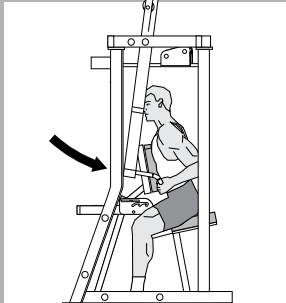
HAMMER
STRENGTH
MTS ROW



START



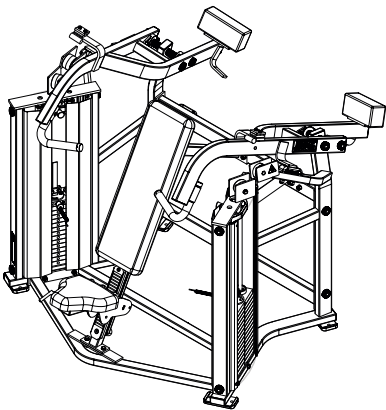
FINISH



SHOULDER PRESS

Product Code: MTSSP

Machine Weight:	746 lbs	339 kg
Maximum User Weight:	300 lbs	136 kg
Resistance Ratio:	1:1	
Weight Stacks:	150 lbs	75 kg

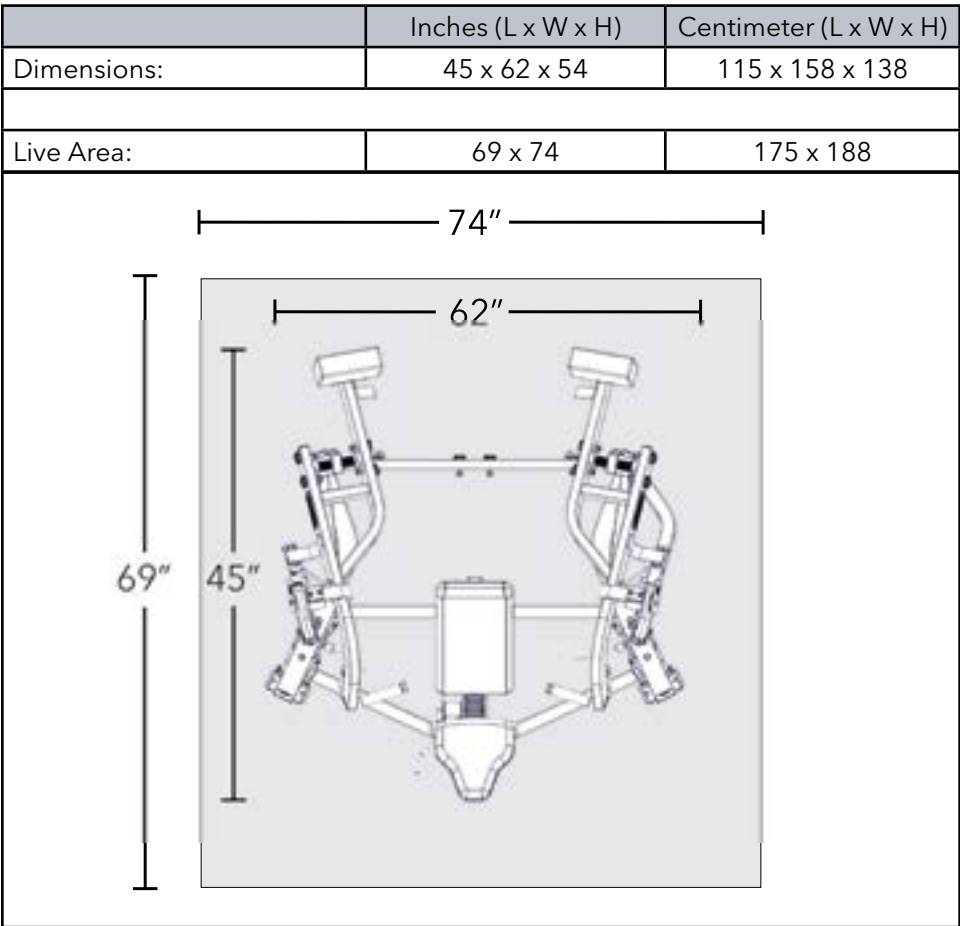


Setup

Adjust the seat height so handles are aligned with or above shoulder height. Check the weight stack to ensure appropriate resistance. Body is positioned with chest-up, shoulders and head back against back pad.

Performing the Exercise

With a controlled motion, extend the handles up till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning. TIP: Focus on extending your elbows as opposed to pressing the arm up, as this increases the mental concentration on the Deltoid muscles.



**HAMMER
STRENGTH**

**MTS SHOULDER
PRESS**

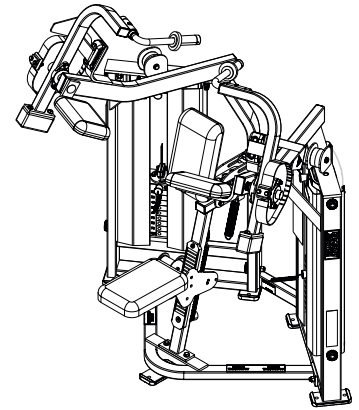
START

FINISH

TRICEPS EXTENSION

Product Code: MTSTE

Machine Weight:	580 lbs	264 kg
Maximum User Weight:	300 lbs	136 kg
Resistance Ratio:	1:1	
Weight Stacks:	100 lbs	50 kg



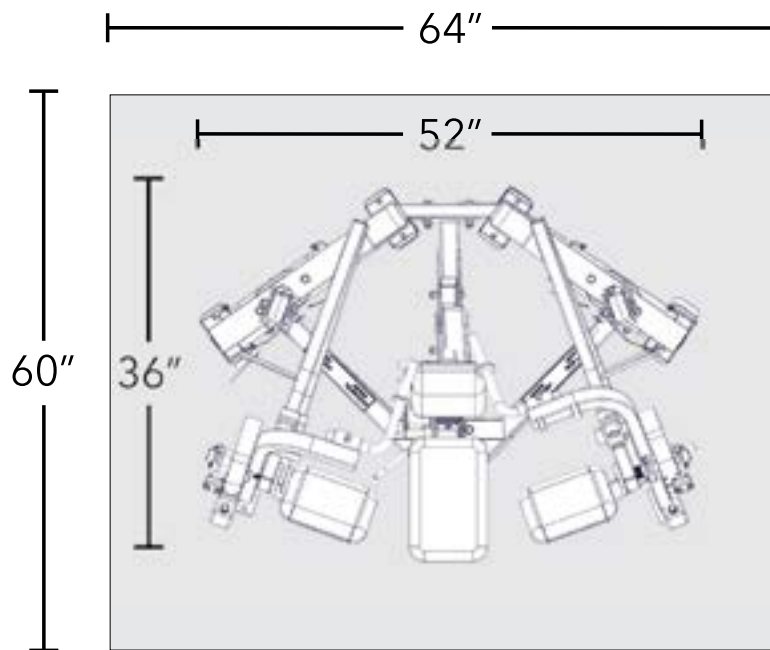
Setup

Adjust the seat height so backs of arms rest fully on arm pads, aligning elbows with machine's pivot, indicated by red axis of rotation decal. Check the weight stack to ensure appropriate resistance. Grip handles firmly and position feet under body for stability. Ensure body is positioned with hips in contact with lower back pad, leaning forward from hips keeping back straight.

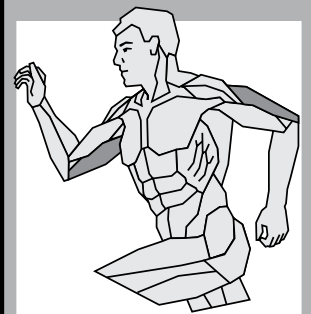
Performing the Exercise

With a controlled motion, extend the handles out till arms are fully extended. Return the handles to the start position, without letting the resistance rest on the stack. Repeat the motion, while maintaining proper body positioning.

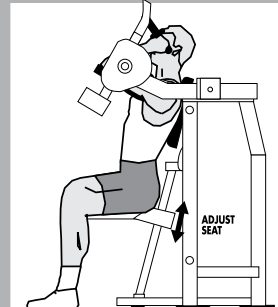
	Inches (L x W x H)	Centimeter (L x W x H)
Dimensions:	36 x 52 x 60	92 x 133 x 153
Live Area:	60 x 64	152 x 163



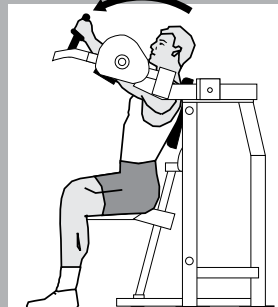
HAMMER STRENGTH MTS TRICEPS EXTENSION



START



FINISH



www.hammerstrength.com

7 BELT HANDLING GUIDE

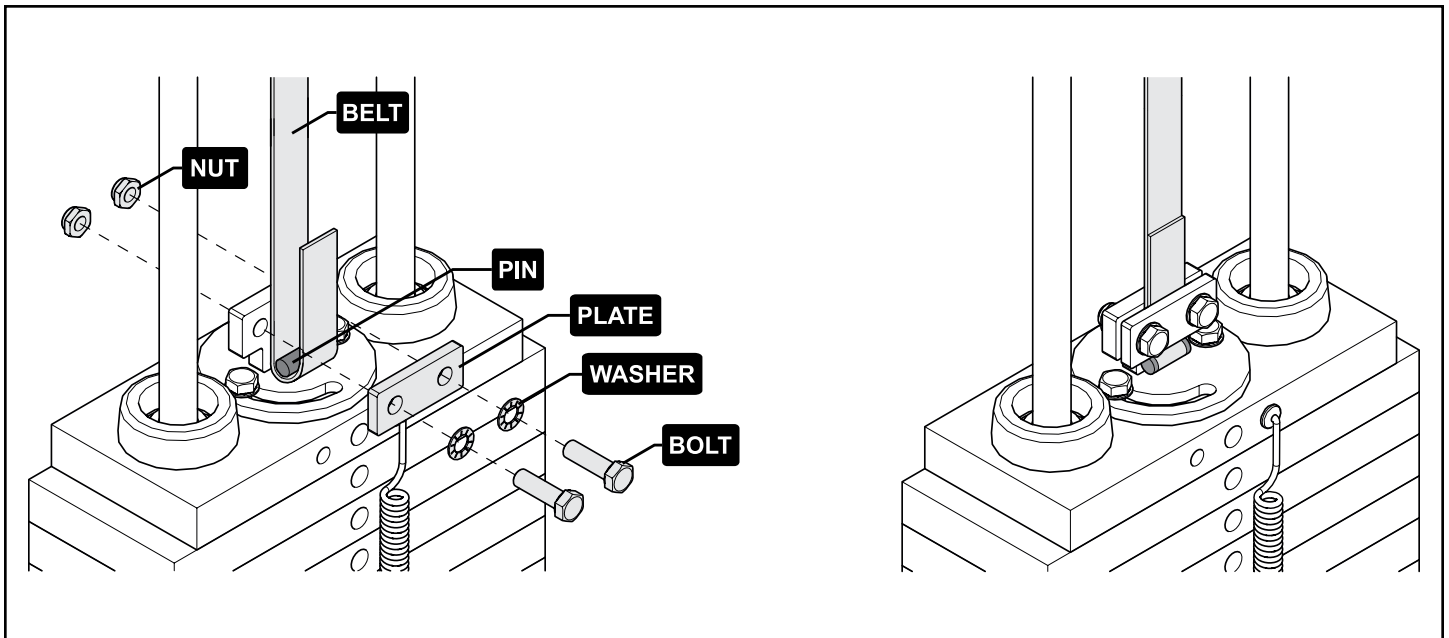
Belt Connections, Installation, Tensioning and Inspection

MTS belts are required to be installed and maintained following the specifications identified below. Failure to follow these specifications can lead to the dislocation of the belt during use and can cause serious injury. Along with securing the belt to the headplate, it is important to check the entire unit and ensure that all hardware is securely fastened and not left loose upon completion of belt installation.

Use of non certified “techs” note: Service warranties may be void if a non-Life Fitness certified technician performs service work. Replacement of any strength belts should be performed by a Life Fitness certified technician.

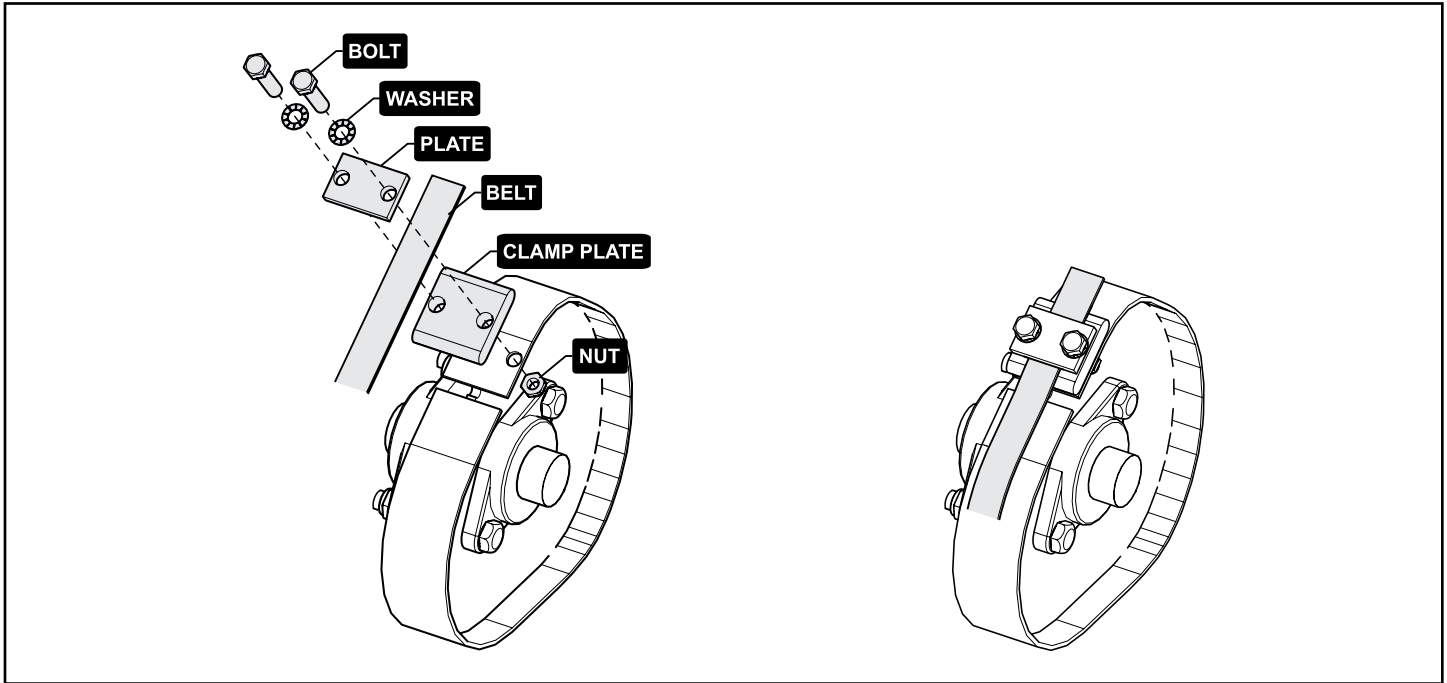
Belt Installation: Headplate

1. Place belt-wrapped pin below plates and affix with hardware (bolts, washers and nuts).
2. Make sure there is a minimum 2" (5.0cm) of spare belt extruding from head plate for future adjustments.
3. Tighten hardware to 20-25 FT-LBS (27.2 - 34.0Nm).



Belt Installation: Opposing Terminal

1. Place belt between plates and affix with hardware (bolts, washers and nuts).
2. Make sure there is a minimum 2" (5.0cm) of spare belt extruding from plate for future adjustments.
3. Tighten hardware to 20-25 FT-LBS (27.2 - 34.0Nm).

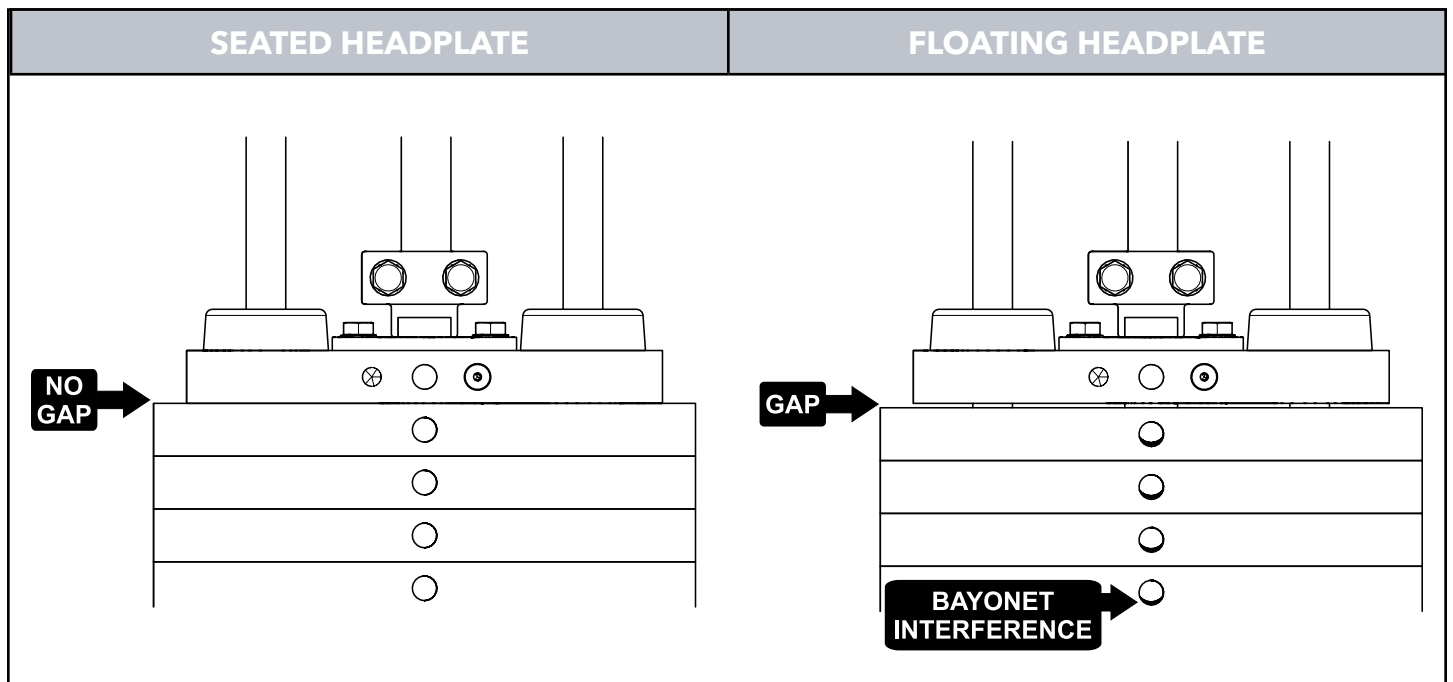


Tensioning Belt

Belt should have enough tension so it stays seated onto the pulley but not so tight that it pulls the head plate off the weight plates below it.

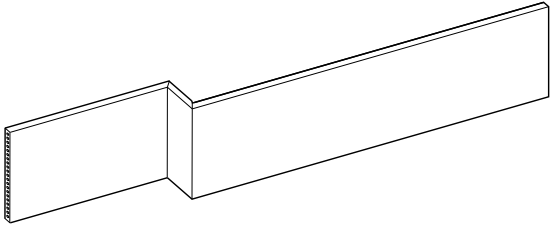
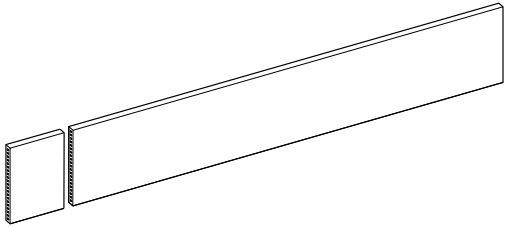
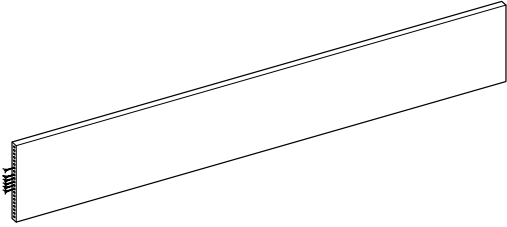
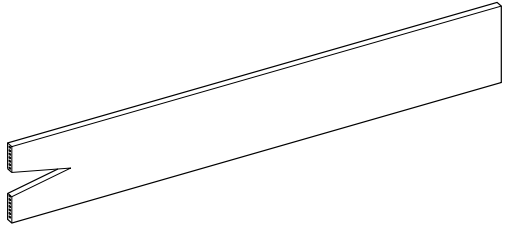
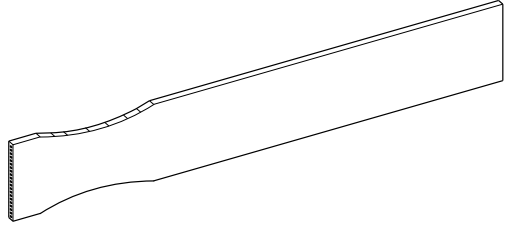
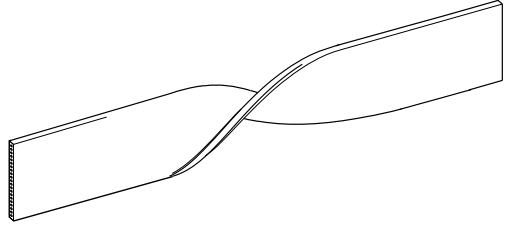
If headplate has lifted (floating):

1. Loosen the hardware at the terminations until the headplate comes to rest on the weight plate below.
2. Tighten hardware to 20-25 FT-LBS (27.2 - 34.0Nm).



Belt Inspection

Inspect belts daily and replace at first sign of wear or any of the following belt issues:

PERMANENTLY BENT	
Belt has 'kink' and prohibits it from laying flat	
FRACTURES	
Check for any fractures, cuts, or breaks	
FRAYED	
Any exposed Kevlar cords protruding through the belt	
SPLIT END	
Ends should be fully intact; no splits or tears	
STRETCHED	
Check for any discoloration and elongated areas of the belt	
TWISTING	
Ensure belt is flat and linear from point to point	

8 BOLT TO FLOOR GUIDELINES

Introduction

Life Fitness designs its products to be stable when used as designed. Because strength training is dynamic, we cannot predict how users will ultimately use the products in all circumstances. Therefore, Life Fitness recommends that strength training equipment be secured to a solid, level surface to stabilize and eliminate rocking or tipping over. For some equipment, securing the equipment to the floor is **REQUIRED**.

- Any unit with three or less weight stacks is **REQUIRED** to be bolted to the floor.
- Any unit that will be used with body weight strap training equipment, ropes, straps or chains in which case it is **REQUIRED** to be secured to the floor. Each new unit shipped comes with a multi-language hangtag stating the importance of bolting the unit down as a safety precaution.

It is the facility's responsibility to adhere to local and regional building codes.

ALL ANCHORS:

- Fasteners must have minimum embedment in concrete floor, not including screed, regardless of wood/tile/rubber over subfloor. (See Anchor Selection for maximum subfloor thickness between unit and concrete to equipment foot must be made of flooring or other material (i.e. no air gaps)).
- DO NOT reuse fasteners. Static and Dynamic anchors are designed for one-time use only.
- Factor in equipment's feet height when selecting fastener length.
- Factor in flooring thickness when selecting fastener length.
- It is also recommended to drill an additional 1/2" (12.7mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.
- Minimum concrete compressive strength: 3000psi (20 N/mm²).

Anchoring

- Life Fitness requires that each foot has at least one anchor bolted to the floor.
- All anchors must have a minimum embedment into concrete, regardless of wood/tile/rubber/screed over sub-floor.
- Dynamic anchors must have a minimum embedment depth in concrete to ensure maximum security and pull out force. See Anchor Selection for embedment depth minimums.

Building Codes

- It is the facility's responsibility to adhere to local and regional building codes. Please verify with the customer to ensure that they are aware of this.

Carpeting

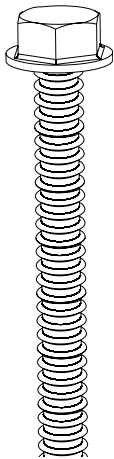
- If bolted down to carpet flooring, be sure to use a box cutter knife to cut the carpet threads around each foot. This will help avoid the carpet threads from being wrapped around and pulled by the drill bit.

Competitor Product

- The bolt down guidelines and procedures for Life Fitness products were determined by the company's Engineering and Installation Development groups. These guidelines include which anchors to use and positioning of the anchors are required for Life Fitness product.
1. Life Fitness does not have that level of specification or engineering input for competitive product.
 2. Life Fitness installation teams are not permitted to anchor competitor equipment.

Drilling

- It is also recommended to drill an additional 1/2" (12.7mm) of depth beyond the length of the fastener being used to ensure that debris does not block the entry of the anchor.
1. This can be done by marking your drill bit with a piece of tape.
 2. While it is recommended that a vacuum be used to clean up debris, this will not account for all the debris that will settle at the bottom of the drilled hole.

ANCHOR: STATIC		Subfloor between unit and concrete 0" to 1/2" (12.7mm) thick	Subfloor between unit and concrete over 1/2" (12.7mm) thick
	Imperial	KH-EZ 3/8" x 4"	KH-EZ 3/8" x 5"
	Metric	HUS-H 8mmx 120mm	HUS-H 8mmx 150mm

Static Anchor Specifications

STATIC ANCHOR	Minimum Concrete Thickness	Minimum Drill Depth in Concrete	Minimum Concrete Embedment	Minimum concrete compressive strength
KH-EZ 3/8"	4-7/8" (124mm)	1/2" beyond anchor length	3-1/4" (83mm)	3000psi
HUS-H 8mm	120mm (4-3/4")	10mm beyond anchor length	75mm (2-3/32")	20 N/mm2

Pullout Force

Life Fitness specifies Hilti™ static and dynamic anchors. According to the anchor manufacturer, the recommended design pullout force (in tension) for the specified anchors, when properly installed in cracked concrete, is provided in the side table. This table should be used for reference only; for additional and up-to-date information on the anchor capabilities or the design pullout force in other substrates, please consult Hilti directly at <https://www.us.hilti.com>.

SELECTED ANCHOR	DESIGN RESISTANCE IN TENSION
KH-EZ 1/4" x 4"	830 lb
HUS-H 6mm x 120mm	3.3 kN
KH-EZ 3/8" x 4"	1535 lb
KH-EZ 3/8" x 5"	1535 lb
HUS-H 8mm x 120mm	3.3 kN
HUS-H 8mm x 140mm	3.3 kN
HSL-3/8 4"	2000 lb
HST M12 x 115/20	8 kN
HST M12 x 195/200	8kN
KB-TZ 3/8" x 3-3/4"	1615 lb
* Design strength extracted from the Hilti Anchor Fastening Technology Manual issued September 2014.	

Tools Required

WARNING! Adhere to manufacturer's equipment warnings and guidelines. Follow manufacturer's instructions for proper usage.

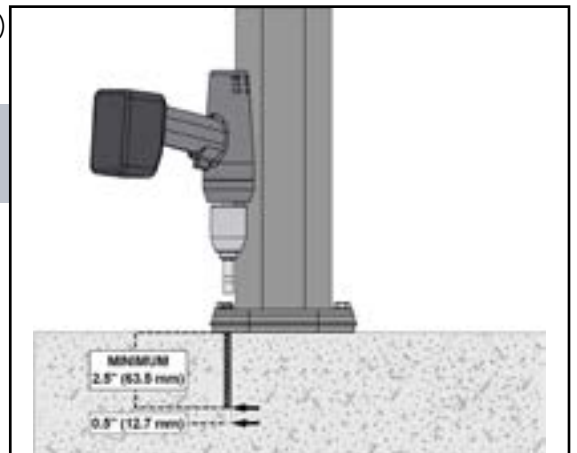
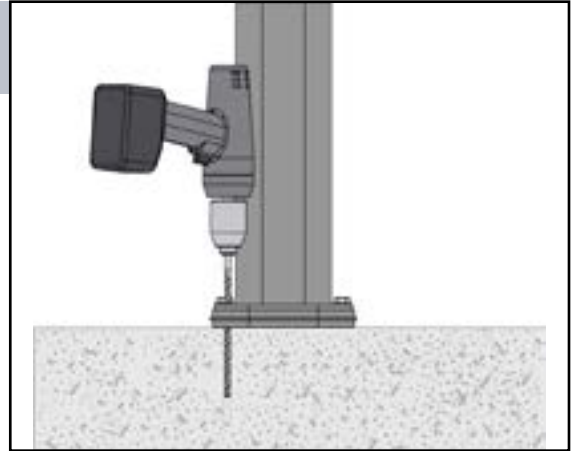
Floor scanner/rebar detector (optional)	Safety glasses
1" L-shape SDS rotary hammer	Extension cord
1/4" x 12" (6mm x 305mm) carbide drill bit (for 1/4" (6mm) anchors)	Impact wrench
3/8" x 12" (8mm x 305mm) carbide drill bit (for 3/8" (8mm) anchors)	Vacuum (for debris)

Static Anchor Procedure

CAUTION! If it is possible that the length of your bolt will not provide the minimum requirement of 2.5" (63.5mm) of engagement, a longer anchor should be used.

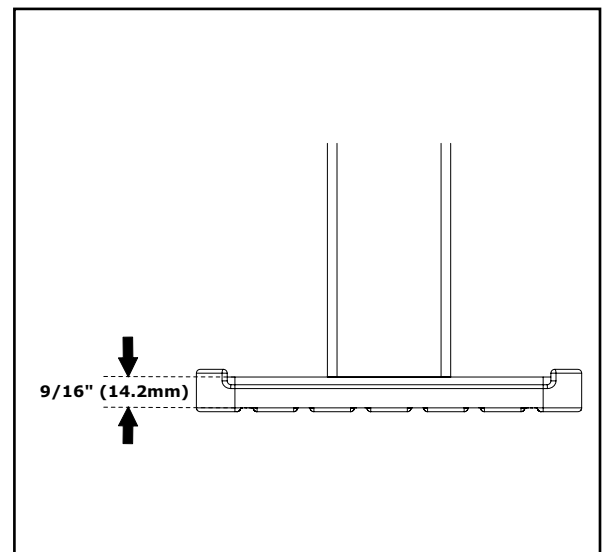
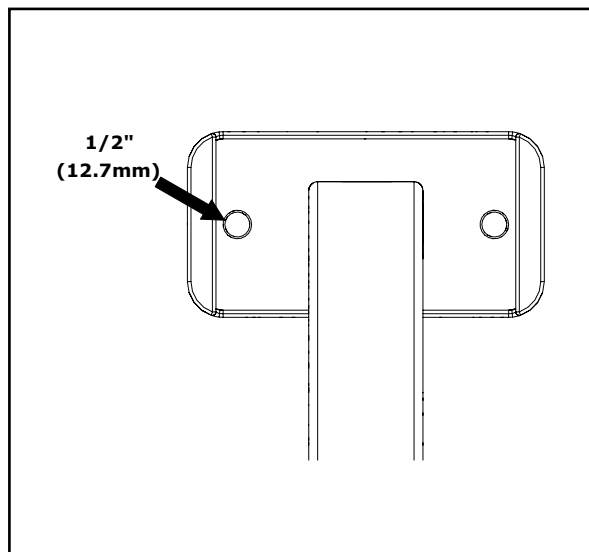
1. Place unit into position to be mounted and cycle unit to set stance.
2. Each foot **must** get at least one static fastener.
3. Wearing protective glasses, drill down into the flooring to the required depth as perpendicular as possible, ensuring that the foot thickness is being accounted for; refer to Anchor Selection and Foot Dimensions.
4. Insert fastener and tighten to 18 Foot-Pounds (24Nm) for 1/4" (6mm) anchor or 40 Foot-Pounds (54Nm) for 3/8" (8mm) anchor.

NOTE: If the legs/frame do not contact the mounting surface DO NOT pull down with the fastener or anchor. Loosen frame hardware and re-tighten to allow machine to align.



Foot Dimensions

Use below to determine foot specifications.



9 MAINTENANCE PROCEDURES

Maintenance Schedule

ACTION	DAILY	WEEKLY	MONTHLY	AS NEEDED
CLEAN				
Upholstery	X			
Guide Rods			X	
Shrouds			X	
Hand Grips				X
WAX				
Frames				X
INSPECT				
Paint			X	
Belt	X			
Hardware		X		
Frame		X		
Hand Grips		X		
Shrouds	X			
LUBRICATE				
Guide Rods				X

CLEAN...

1. Upholstery with an approved or compatible cleaner.
2. Guide Rods with a cotton cloth.
3. Hand Grips with an approved or compatible cleaner.

WAX...

1. Frames with a standard, non-abrasive, wax finish.

INSPECT...

1. Belts. Look for wear or damage and proper tension. Pay close attention at bends.
2. Hardware. Check for loosening. Tighten as required.
3. Frames. Inspect for wear and damage.
4. Handgrips. Check for wear and damage.
5. For paint chips. Fill in immediately with Life Fitness touch-up paint.

LUBRICATE

Lubricate guide rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Apply the lubricant to a cotton cloth, and then run the cotton cloth up and down the guide rods as needed. **NOTE:** *only a few drops of lubricant are required for each guide rod.*

ONCE A DAY

1. Wipe down upholstery with a mild soap and water or comparable all purpose cleaner.
2. Visually inspect belts for wear at and around connections and along the entire length of the belt. Always replace at first sign of wear.

ONCE A WEEK

1. Visually inspect all hardware for loosening, tampering or wear.
2. Check belt-clamp at top of weight stack for tightness.
3. Inspect all accessories, connecting links, and carabiner clips for wear.
4. Check condition of hand grips.
5. Check belts for stretch and adjust as necessary by tightening the belt within the clamp above the weight stack.
6. Inspect Shrouds for damage and clean as necessary.

ONCE A MONTH

1. Clean Guide Rods with Break-Free® brand lubricant (part number SK50-P0005-0000). Clean tops of bearings at stack and inspect for heavy buildup on rods below the head plate. Lift half of stack and do a visual inspection, then clean as necessary.
2. Inspect hardware on all machines and tighten any bolts or nuts that may have loosened over the life of the product.

NOTES

Use polishing compound (such as car wax) and remove shoe scuffs from powder coated surfaces as necessary.

CLEANING THE SHROUDS

Adherence to regular and proper cleaning procedures is recommended to preserve the appearance.

MINIMIZE SCRATCHES

Wash the shrouds with an approved or compatible cleaner. Do not scrub brushes on the shrouds. Fresh paint splashes, grease and smeared glazing compounds can be removed easily before drying by rubbing lightly with isopropyl alcohol. Afterward, a warm final wash should be made.

LIFE FITNESS APPROVED CLEANERS *(United States Availability Only)*

Two preferred cleaners have been approved by LIFE FITNESS reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Anti-bacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support Services to order these cleaners (1-800-351-3737 or email: customersupport@lifefitness.com).

LIFE FITNESS COMPATIBLE CLEANERS

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

REMOVAL OF PAINT, MARKING PEN AND LABELS

Butyl cellosolve works well for removal of paints, marking pen inks, lipstick, etc.

Labels, stickers, etc. may be removed using kerosene. When the solvent will not penetrate sticker material, apply heat (hair dryer) to soften the adhesive and promote removal. GASOLINE SHOULD NOT BE USED.

IMPORTANT HAZARDS

1. DO NOT use abrasive or highly alkaline cleaners on the shrouds.
2. NEVER scrape shrouds with squeegees, razor blades or other sharp instruments.
3. DO NOT clean shrouds in hot sun or at elevated temperatures.
4. NEVER use benzene, gasoline, acetone or carbon tetrachloride on the shrouds.

© 2017 Life Fitness, A division of Brunswick Corporation. All Rights Reserved. Life Fitness is a registered trademark of Brunswick Corporation. Gym Wipes® is a registered trademark of The 2XL Corporation. PureGreen 24 is a trademark of Pure Green , LLC.

Life Fitness World Headquarters
Columbia Centre III
9525 West Bryn Mawr Ave.
Rosemont, IL 60018
847-288-3300